

**GET UP.**



**GET READY.**



**BE A WINNER.**



# Get ready for Fitness Journal<sup>SM</sup>

Fitness Journal is an online physical activity program that connects you with your co-workers. Join a team of 3 to 9 members or participate as an individual. Get tips, recipes, and motivation.

Each day you record 30 minutes or more of exercise, you earn a Fitness Journal credit. The more activities you log, the higher your score. At the end of the 8-week program, DCHR will present rewards to the top individuals and teams.

**Registration and team formation start  
Monday, June 20th, 2016  
<http://dcgov.fitnessjournal.com>**

The team competition runs from June 27, 2016, to August 19, 2016, and is open to all DC Government employees.



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PERMANENTE®**